



CITY OF MANCHESTER

Elderly Services Department

151 Douglas Street
Manchester, New Hampshire 03102
(603) 624-6533 • Fax (603) 628-6159
Email: elderly@ci.manchester.nh.us



June 2, 2005

William B. Cashin Senior Activity Center

Upon completion of the new 15,000 square foot facility, the new William B. Cashin Senior Activity Center has documented an increase of attendance for the first 3 months of 2005, with 754 additional daily visits from the first quarter of 2004. Additionally, the building also provides meeting space for 400 people in senior groups.

The Center provides innovative space utilization and sports efficiency in design. The new building provides multi-function capabilities, which allows for various senior programs and activities.

Activities include crafts, watercolors, ceramics, plastic canvas, knitting, toll painting. The craft room also doubles as a health room where Clinics such as blood pressure and foot clinics are held. Games that are of mind aerobic value such as TOC, Scrabble, Cards, Chess, are offered in the game room. Ping-Pong and Pool are also played.

The multi-purpose room offers a maple dance floor where line dancing, 75 strong, takes place. The floor offers the opportunity for seniors to easily dance; an opportunity not available before the new Center. This sunny, divisible room supports groups that offer educational presentations. Information on Social Security, Pocketbook Therapy, health topics, safety, and even a fly fishing exposition are to name a few of the presentations that have been held. The Resource Festival was held in May and supported 57 exhibitors, offering information on senior services. Inservices of the FosterGrandparents, the Senior Companions, and Retired Senior Volunteer Program have also been held in this multi-functional room. Agencies now have the opportunity to come together to network and provide much needed access to all social services for seniors and their families.

The Commercial Kitchen produces Meals on Wheels to approximately 150 homebound seniors in the area. It also provides a noon meal, sponsored by St. Joseph Community Services. This provides a means for those coming to the Center to get a nutritionally complete meal. The building also offers a kitchen that can provide catering and snack preparation for seniors utilizing the space; kitchens independent yet working together to provide the ultimate in food preparation and convenience.

The computer lab offers 3 terminals with a special monitor for individuals with sight issues. Classes are held with instructors from INTERCED and free computer time is offered seniors who want to surf the web or connect with family via email.

The country store offers special, hard to find gifts, penny candy, and hand made items that boast of the seniors' handiwork. The store is open to the public. This helps support senior activities and programs.

The parlor offers a place of reprieve and solace to enjoy the fireplace on a snowy day or to just sit and talk with friends. Seniors can wait for a ride home or just relax after a day at the Center that is filled with activity, stimulation, and just plain enjoyment.

But most importantly, the new beautiful building is a safe place for Manchester's seniors. It's a place where loneliness doesn't abide. It's a place that keeps seniors an important part of the Manchester community.